

# **Family Readiness and Support Training SD AIR NATIONAL GUARD**



# I'M SINGLE – FAMILY????

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SPOUSE

PARENTS

SIBLINGS

GIRLFRIEND

BOYFRIEND

GRAND PARENTS

GOOD FRIENDS

NEIGHBOR

SIGNIFICANT

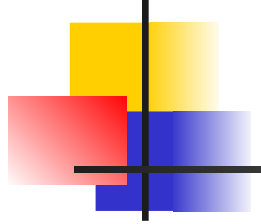
OTHERS

# Deployment Support

Before, During and After ...



# • ***Legal Matters***



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- Power of Attorney (General vs. Special)
  - Will and/or Living Will
  - Soldiers' & Sailors' Civil Relief Act
  - Write a letter creditors
  - Legal Office 605-988-5640



# ***Health Care***

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- n Tri-Care

- n TRIWEST 1-888-874-9378

- n [www.tricare.osd.mil](http://www.tricare.osd.mil)

- n Where do I go?

- n When do I notify Tri-Care?



# ***Pay & Allowances***

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## Deployment Benefits:

- n Hostile Fire Pay (HFP) -Hardship Duty Pay (HDP)
- n Combat Zone Tax Exclusion (CZTE)
- n Foreign Duty Pay (FDP) -Unit Essential Messing
- n Family Separation Allowance (FSA)
- n File your travel voucher as soon as possible
- n Military Pay 605-988-5851



# ***Personal Financial Management***

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Basic Financial Management Skills

Balancing Checkbook

Budgeting

Turning your finances around ...

Living paycheck to paycheck

Credit card debt, interest rates, the fine print

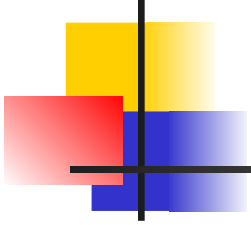
Debt Consolidation

Investment information

Individual Assistance 605-988-5722

# ***Financial Management***

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Government Credit Card

- Excess baggage charges at commercial airport

- Unexpected delays and lodging expenses

ATM access at forward locations – take some cash!

Paying your bills...

- Pre-addressed stamped envelopes with signed checks

- Forward mail

- Allotments

- On-line





# ***Air Force Aid***

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Emergency financial assistance

Case by case basis

Travel, transportation, loss of life

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The logo consists of three overlapping squares: a yellow one at the top, a red one to the left, and a blue one at the bottom. A black cross symbol is centered over the intersection of these squares.

# ***American Red Cross***

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Emergency contact assistance  
nationwide

1-877-272-7337

- Social Security Number
- Deployed location
- Emergency Contact Number
- Local Red Cross Number

Military orders

# ***Military Personnel Flight***



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Emergency Data Card

Dependant ID Cards

DEERS Enrollment



# ***Family Readiness Program***

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24 hours a day, 7 days a week

Emergencies

Family Assistance is a phone call away

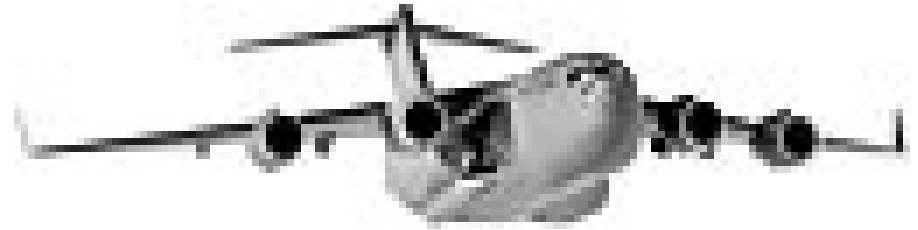
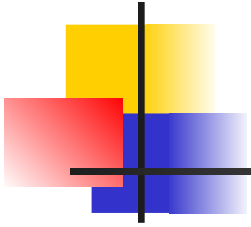
OFFICE

605-988-5962

CELL

605-212-4925

# ***3 Stages of Deployment***



Pre-Deployment  
Deployment  
Reunion



# ***Pre-Deployment***

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*There is a difference between ready “**to go**” and ready “**to part.**” Being ready “**to go**” means a duffel bag is packed, shots and TDY preparations are complete.*

*Being ready “**to part**” from your family means being aware of family separation issues, and dealing positively with those issues.*



# ***STAGE 1 PRE-DEPLOYMENT***

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Stress

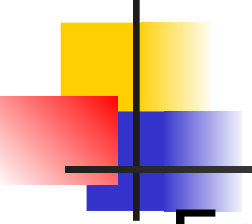
Anxiety

Arguments

Anger/Resentment

Advance Planning

Family, finances, assets, utilities, etc.



# ***STAGE 2***

## ***-Deployment***

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Each deployment is unique

People react differently

Overwhelmed    Sleeping disorders

Guilt and Depression

Help is available:

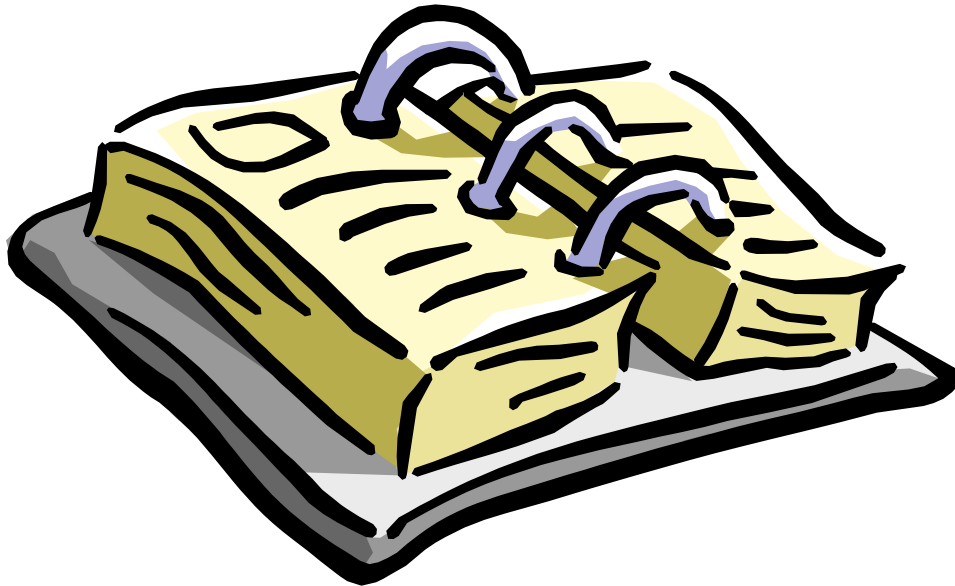
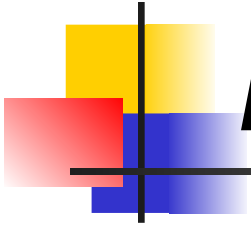
Chaplain\*\*Co-workers\*\*Chain of  
command

Family Support Group, First Sergeant,  
Communication

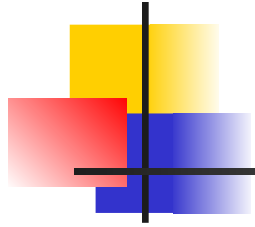


# ***Advance planning is the key to Successful Deployment***

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# ***Stage 3 Reunion***



Reunions are **not** a "Change-of-Command"  
Take it slow- take time to get re-acquainted  
What you might find ...

You have to call for your ride home

A "new" family pet      Rearranged furniture

Methods of child discipline have changed

Unexpected bills or new expenses

He/She won't return the check book

Avoid the "3<sup>rd</sup> Degree"!



# ***Children & Separation***

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Talk to children about deployment

Taking time, before you go

- Family video

- Family picture collage

- Pre-record bed time stories

- 8x10 picture of yourself in child's room

- Turning the TV off at dinner time

Send/Receive “care packages”

Take a camera with you



# ***Sustainment***

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## **Hearts Apart Programs & Services**

Morale Calls

E-Mail – GI Mail

Video Phone      -      Teleconferencing  
(VTC)

Phone Cards

Stationary Kits



# ***POV s***

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Storage

Insurance – CALL YOUR AGENT



# ***Important Documents***

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- n Military Orders
- n Marriage Certificate
- n Citizenship Papers
- n Adoption Papers
- n Social Security Cards
- n Shot Records
- n Power of Attorney
- n Child Custody Papers
- n Insurance Policies
- n Will and/or Living Will
- n Lease / Mortgage
- n Bank Statements
- n Credit Card Statements
- n Tax Papers
- n Court Orders



**SO WHERE ARE THEY????????**

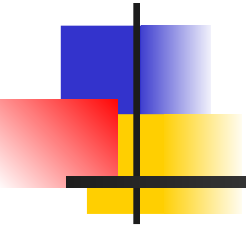
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Where to find your papers

Who has access (key, combination)

Did you leave a power of attorney?

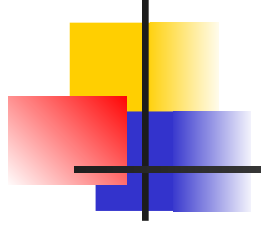
# **Achieving Mission**



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**Readiness Through  
Family Readiness**





# Questions?